

Students

SUBJECT: DISTRICT NUTRITION GUIDELINES

The following minimum standards are established for food sold before school or during the school day until the conclusion of the final lunch hour, in the District's school lunch program or as part of a school club or activity, including the school bookstore. The main intent of these standards is to foster healthy eating habits for our students and to do so within a financially sound school lunch program.

Minimum Standards for Nutritional Content of Foods and Beverages

- No more than 35% of **weight** can come from total sugar.
- No more than 10% of **calories** can come from saturated fat.
- No more than 35% of **calories** can come from fat (excluding nuts, seeds, peanut butter).
- Zero trans fat (<0.5 g per serving).
- The following ala carte items are allowable: low fat muffins, pop tarts, scones, bagels and cinnamon rolls.
- Minimum Standards for Beverages
 - Eight ounces for beverages, excluding water in grades K-8.
 - Twenty fluid ounces for beverages, excluding water and milk in grades 9-12.
 - Bottled regular and flavored water with no added calorie sweetener.
 - 100% fruit or vegetable juice with no added calorie sweetener.
 - One percent and fat free milk and low-fat milk products.
 - Middle/High school only: Sport drinks with no more than 10% carbohydrates.
 - High School only: coffee, tea.
 - No more than 10% of the vending selection will be soft drinks.

The Director of Food Service will identify items as potential exceptions to the above minimum standards. The Director will bring proposed exceptions to the District Health and Wellness Committee for consideration. The District Health and Wellness Committee will review the proposed exception in terms of nutritional and financial impact. Student input will also be considered. The District Health and Wellness Committee will then make a recommendation to the Assistant Superintendent of Business, who will make the final decision.

Items sold after the conclusion of the last lunch period by the district food service, as part of a school club or activity, from a vending machine, or at school-sponsored events outside of the school day, must meet the minimum standards established above for the majority of items that are sold. The intent is to provide students, their family members and the community who attend school activities and events with healthy snack options along with other snack items traditionally offered.

(Continued)

Students

SUBJECT: DISTRICT NUTRITION GUIDELINES (Cont'd.)

- 1. School-sponsored events outside of the school day (including, but not limited to, athletic events, dances, and performances).**
 - Nutrient and ingredient information for all products served will be available upon request.
 - Homemade items may not be sold or distributed.
 - District Food Safety Guidelines will be followed for all foods sold or brought into school.

- 2. Food brought into the school (including snacks and celebrations) from an outside source.**
 - The majority of items served must meet the minimum standards for nutritional content of foods and for beverages.
 - District Food Safety Guidelines must be followed for all foods sold or brought into school.
 - Snacks served during the school day or in after-school enrichment programs will make a positive contribution to children's health, with an emphasis on serving fruit and vegetables as the primary snacks and water as the primary beverage.
 - Snacks must meet the minimum standards for nutritional content of foods and beverages.
 - The District will provide a list of healthful foods and will encourage the use of non-food items for classroom celebrations. (See 7510P.2)
 - One half of all foods served will meet District Guidelines for nutrition content and portion size.

- 3. Staff to Student Rewards/Incentives**
 - Non-food or healthy food rewards/incentives are allowed unless an exception is made on a student's Individualized Education Plan.

- 4. School Store**
 - All items for sale in the school store must meet the district guidelines.

- 5. Fundraising (including but not limited to clubs, student government organizations and athletic teams/booster clubs)**
 - The District will allow non-food or fruit/healthy food fundraising for activities which occur outside of school hours.